



## The Science of Likeability and The 5 P's to Social Skills Coaching for Parents and Teachers

What is my child doing *too much* or *too little* of that is getting in the way of their social success?

### How like-able are you?

← Low	(The traits according to research)	High →
<p><b><u>Rejected</u></b></p> <ul style="list-style-type: none"> <li>• Disruptive</li> <li>• Bossy, controlling</li> <li>• Annoy others</li> <li>• Impulsive</li> <li>• Interrupt</li> <li>• Rigid</li> <li>• Easily irritated</li> <li>• Blame others</li> <li>• Break rules</li> <li>• Self-centered</li> <li>• Tease &amp; bully</li> <li>• Aggressive</li> </ul>	<p><b><u>Neglected</u></b></p> <ul style="list-style-type: none"> <li>• Anxious around others</li> <li>• Withdraw/isolate</li> <li>• Act younger</li> <li>• Moody</li> <li>• Easily upset</li> <li>• Extreme 'Odd' behavior</li> <li>• Too little or too much smiling, talking</li> </ul>	<p><b><u>Well-liked</u></b></p> <ul style="list-style-type: none"> <li>• Friendly: smile, greet</li> <li>• Nice, Show Interest</li> <li>• Caring &amp; Understanding</li> <li>• Cooperative</li> <li>• Flexible</li> <li>• Good sport, fun, fair</li> <li>• "Keep their cool"</li> <li>• Good problem-solving</li> <li>• Consider others' perspective &amp; feelings</li> <li>• "I Statements"</li> <li>• Attractive, good hygiene</li> </ul>

- High likeable traits and behaviors are "expected." Low likeable behaviors are "unexpected" for a situation. The more likeable and expected our behavior, the more others are drawn to us. The less likeable and unexpected our behavior, the more others pull away from us.
- Be clear and concrete on what "Expected behaviors" (green) and "Unexpected" behaviors (grey and red) "*look like*" and "*sound like*."
- Use key phrases such as "*The Rule is....*" "*When....., Then....*" to help children understand conditions to use skills.
- When the child demonstrates a red unexpected unlikeable behavior, then redirect with either a "*Rewind. Do-Over*" to prompt the corrective response or set a limit with a negative logical consequence, if needed.
- Recognize and reinforce when the child is demonstrating Likeable traits Expected behaviors.

**- FLIP OVER to learn The 5 P's to Social Skills Coaching -**

**Purposeful Parenting** provides parents with the **key knowledge** and **practical skills** for **what matters most** in parenting.



## The 5 P's to Social Skill Coaching for Parents and Teachers

**Purpose** ~ Provide a brief “why” explanation of social rules and specific expected behaviors. *“The rule is to look at someone when they’re talking and have a still body to show the person you are listening and care about what they are saying. Then they will have kind thoughts and feelings about you and be nice to you.”*

**Point out** the prosocial skills-in-action of characters in books and shows. Use them to discuss and process expected and unexpected behavior, social thinking, awareness, social communication, and social consequences.

**Prompt** the skill or expected behavior at the onset of the situation with reminding prompts or questions, eg *“Remind me/Show me how you will greet Mary today when you see her.”*

**Practice** ~ Provide frequent opportunities for purposeful practice and positive connection. Schedule regular 1:1 playdates, sign up for extracurricular activities aligned with your child’s interests, nature, and strengths. Individuals develop friendships with people when they share interests and time.

**Praise** ~ Recognize and reinforce when your child demonstrates likeable prosocial skills and traits. Be descriptive and link it with the payoff or an affirmation of their character.

*“I noticed when you complimented Joe on his Lego project, he smiled and then asked you to join in. You are a kind friend.”*

### Mary B.'s top “Friendship Rules”

**Be a friend to make a friend.**

**It's better to win a friend than always get your way or win a game.**

**Be the friend you want to have in life.**